

First Watch Menu Prices 2026

Quick Overview of Prices

Category	Price Range
Lowest-Priced Items	\$7.49–\$10.79
Standard Breakfast & Brunch	\$11–\$14
Premium & Seasonal Dishes	\$15–\$18
Average Cost per Person + Drink	\$16–\$20
Meal for Two + Drinks	\$35–\$50

Cheapest First Watch Menu Items

Item	Price
Steel-Cut Oatmeal	\$9.59
Sunrise Granola Bowl	\$10.49
Belgian Waffle	\$10.79

Best Value Meals Under \$12

Item	Price
Power Wrap	\$11.29
Veggie Burger	\$11.29
Baja Turkey Burger	\$11.29
Turkey Sausage	\$5.99

Summer Menu 2026

Item	Price Range
Million Dollar Breakfast Sandwich	\$14.99–\$16.49
Chipotle Steak & Queso Hash	\$15.99–\$17.49
Banana Brittle French Toast	\$13.99–\$15.49
Honey Butter Biscuit Bites	\$6.99–\$8.49
Watermelon Wake-Up	\$5.99–\$6.99
Spiked Watermelon Wake-Up	\$9.99–\$11.99

Traditional Favorites

Item	Price
Traditional	\$12.99
Tri-Fecta	\$12.99
Power Wrap	\$11.99

Griddle Menu

Item	Price
Belgian Waffle	\$10.79
French Toast	\$11.49
Multigrain Pancake	\$7.49
Two Multigrain Pancakes	\$9.49
Lemon Ricotta Pancakes	\$12.51
Floridian French Toast	\$13.50

Omelets & Frittatas

Item	Price
The Works Omelet	\$13.79
Chili Chorizo	\$13.29
First Watch Smoked Salmon & Roasted Vegetable Frittata	\$13.79
Bacado Omelet	\$13.79
Frittata Rustica	\$12.99

Egg-Sclusives

Item	Price
Farmhouse Hash	\$13.79
Market Hash	\$16.68
Chickichanga	\$13.99
Farm Stand Breakfast Tacos	\$12.99
Elevated Egg Sandwich	\$12.29
Biscuits and Turkey Sausage Gravy With Eggs	\$12.49

Power Bowls

Item	Price
Power Breakfast Quinoa Bowl	\$12.49
Pesto Chicken Quinoa Bowl	\$15.07
AM Super Foods Bowl	\$12.99

Lunch Sandwiches

Item	Price
Monterey Club	\$12.79
Ham & Gruyere Melt	\$16.00
Market Veggie Sandwich	\$11.99
Roast Beef & Havarti Sandwich	\$14.29
BLTE Sandwich	\$11.99

Juices & Drinks

Item	Price
Morning Meditation	\$5.79
Watermelon Wakeup	\$6.74
Purple Haze	\$5.29
Kale Tonic	\$5.29
Fresh Juice	\$5.99

Salads

Item	Price
Cobb Salad	\$12.29
Chicken Avocado Chop Salad	\$12.29
Sweet Honey Pecan Salad	\$12.29
Superfood Kale Salad	\$12.29
Pesto Chicken Salad	\$13.29

Iced Coffee

Item	Price
Honey Caramel Crunch	\$5.59
Iced Coffee	\$3.99
Cold Brew Coffee	\$4.49
Mint Mocha	\$5.59
Vanilla Iced Coffee	\$4.99

Kids Menu

Item	Price
Kids Granola Bowl	\$7.59
Kids Half Waffle	\$7.59
Kids Grilled Cheese	\$8.82
Kids French Toast	\$7.79
Kids Bacon & Egg	\$7.79
Kids Pancake	\$7.79

Two for You Combos

Combination	Price
Half Sandwich + Salad	\$13.60
Half Salad + Soup	\$13.60
Half Salad + Soup	\$13.62

Family & Grocery

Option	Price
Project Sunrise Coffee Tote – 96 oz	\$23.20
House-Made Granola	\$6.15
Project Sunrise Retail Coffee	\$9.64
Good Morning Pack – Serves 2	\$28.78
Good Morning Pack – Serves 4	\$52.10
First Watch Cookbook	\$32.48

Beverages

Item	Price
100% Cold-Squeezed Orange Juice	\$4.63
Iced Coffee	\$4.62
Morning Meditation	\$5.79
Apple Juice	\$3.89
Hot Chocolate	\$4.63
Watermelon Wakeup	\$4.64
Fresh-Brewed Iced Tea	\$3.89
Decaf Coffee	\$3.89
Chocolate Milk	\$3.89
Kale Tonic	\$6.72
Project Sunrise Coffee	\$3.89
Purple Haze	\$6.74
Grapefruit Juice	\$3.89
Fountain Beverage	\$3.89
Milk	\$4.63
Cold Brew Coffee	\$4.63

Sides & Extras

Item	Price
Million Dollar Bacon	\$5.99
Fresh Seasonal Fruit	\$4.20
Bob's Red Mill Cheese Grits	\$3.49
Hardwood-Smoked Bacon	\$5.49
Chicken Apple Sausage Patty	\$4.89
Pork Sausage	\$5.66
Grab N Go GF Brownie	\$3.46
Side of Toast	\$2.80
Gluten-Free Toast	\$2.80
Smoked Ham	\$5.60
One Egg	\$3.24
Million Dollar Potatoes	\$5.17

Item	Price
Biscuits & Gravy	\$6.84
Fresh Seasoned Potatoes	\$3.69
Two Eggs	\$5.78
English Muffin	\$2.89
Turkey Sausage	\$5.60
Grab N Go GF Marshmallow Treat	\$3.45
Lemon-Dressed Organic Mixed Greens	\$4.18
Sliced Avocado	\$3.48
Bowl of Soup	\$5.80
Grab N Go Salted Caramel Cookie	\$3.46
Bob's Red Mill Grits	\$4.05
Freshly Baked Muffin of the Day	\$4.05

Note: Prices are reproduced from the provided source document and may vary by location or seasonal availability.